

Run Jump Throw

Wed 24th Of Jan 2018

Timetable

TRACK	Number of Races	FIELD
1810: U13/U11 60m	4	18:30 PV (Below 3M)
1820 1km Walk	1	1830: SP (9m below)
18:30 60m Hurdles	3	1815 LJ 3m Below
1840: 60m u15	3	1815 LJ 4-5.3m Below
18:50: 60m Sen>U17	9	1945 Vortex
1915: 300m	1	1930 Long Jump 5.4m
19:25 400m	3	1915: PV (pb of 4m and above)
1945: 800m BMC	10	20:00 Shot Putt 9m +
Open 800m will follow	3	2000: Triple Jump
2015: 200m SEN>U11	10	
2100: 1500m BMC	3	
Open 1500 will follow.	5	